



# *Return and Reunion Workshop for Spouses*



# Workshop Overview

**Objective:** Provide information that can help you have a smooth reunion with your Marine.

- Review “Where I’ve Been”
- Plan for “Where I’m About to Be”
- Think about “Where I’d Like to Be”



# Where I've Been

- Feelings
  - Loneliness
  - Anxiety
  - Stress
  - Overwhelmed
  - Independent
  - Competent
  - Sense of Accomplishment



# Where I've Been

- Holding down the fort with added responsibilities
  - Single parent
  - Financial manager
  - Mechanic
  - Groundskeeper
  - Decisionmaker
- Temporary Relocation



# Where I've Been

- Experiences
  - Major memories
  - Special friends
  - Special events
- That Lead To
  - Growth
  - Change
  - Different Views



# Where I've Been

- THANK YOURSELF
- BE PROUD
- YOU'VE SURVIVED



# Where I'm About to Be

- Reunion with my Marine!
  - Anticipation
  - Anxiety
  - Expectations



# Where I'm About to Be

- Planning for the reunion
  - How will I know when my Marine is coming home?
  - How do I include children and extended family in reunion plans?
  - What are realistic expectations for the reunion?
  - How will I feel about seeing my Marine again?
  - What is appropriate to wear?
  - What will happen to my plans if the arrival date changes?



# Where I'm About to Be

- Roadblocks
  - Alcohol
  - Fantasies
  - Criticisms
  - Family / Children / Visitors
  - Unresolved Issues
  - Unrealistic expectations
  - Avoid the “Who Had It Worse” Game



# Where I'm About to Be

- Sex, Intimacy and Romance
  - Intellectual / Emotional / Physical
  - Patience
  - Timing
  - Communication
  - Respect
  - Roadblocks



# Where I Want To Be

- Reconnected
  - Communicating
- Accepted
  - For the Decisions made
- Appreciated
  - For Who I Am and What I've Done
- Trusted



# Where I Want To Be

*In a Loving, Caring,  
Healthy Family*



# HOMECOMING TIPS

- **Go slowly - don't try to make up for lost time**
- **Accept that things may be different**
- **Talk with each other about your experiences**
- **Take time to become reacquainted**
- **Accept that your partner may be different**
- **Remember that intimate relationships may be awkward at first**
- **Tone down your fantasies - reality may be quite different**



# HOMECOMING TIPS

- **Communicate openly with your partner and family**
- **Reassure your children - change often frightens them**
- **Plan on family activities but be flexible**
- **Set aside quality time with each of your children**
- **Plan for visits from your extended family**
- **Curb your desire to take control**



# Reunion Resources

- **Marine Corps Community Services (MCCS) One Source**
- **Marine Corps Family Team Building Programs**
- **MCCS Counseling Services**
- **Chaplains and Local Clergy**
- **Mental Health Services available through TRICARE**